

Let's Get METAPHYSICAL

The definition of metaphysics is much debated, but is generally understood to be the science of all reality, transcending what is physical or natural. Dogs have much to teach us about connecting with the metaphysical realm beyond our immediate physical world.

By Ellen Kohn

The study of metaphysics embraces the occurrences and events that exist outside consciousness. Our physical reality is limited to touch, taste, sight, smell and hearing, but the concept that every thought, action, decision or behavior is linked to every other one in the entire universe can change our awareness about how to perceive the world. Metaphysics is a powerful way to approach our daily existence. And connecting to this all-encompassing universal field can enhance our lives in profound ways.

Opening our minds to metaphysics can provide usable tools and change our awareness about how to perceive our world – and the dogs who share our world.

Metaphysical Basics

Intuition

One of the easiest ways to tap into the metaphysical realm is to play with intuition. You know your dog can read your mind, right? Try sending unspoken mes-

sages to her, like, “let’s go in the car now.” Watch to see her reaction as she “hears” you, and realize you are communicating non-verbally. These are invisible cues that can be used in many ways, such as in public or when you just want to get quiet with her.

Intuition comes in quite handy when we trust ourselves. Sometimes we get a “gut feeling,” and often we just “know” what to do. This is our sixth sense working as it is supposed to, and every one of us can tap into it. For our dogs, this comes naturally; our observations validate this as we watch how quickly they trust and read other dogs’ energy and intentions.

Energy

Energy follows thought. So setting a positive intention for anything at all, such as a nice walk in the park or having a positive training session, will guide the energy toward those thoughts and help define your day! Our dogs generally have very positive

attitudes, so they can be our teachers and helpers by channeling our energy where it needs to go.

We are energy in motion, vibrating at differing rates from our energy centers, or chakras. The vibrations we put out can be felt universally, meaning we can literally send energetic messages to anyone or anything, anywhere. Whether positive or negative, the universe will respond to these vibrations by bringing us more of what we put our attention on, so it is critical to stay positive or shift our emotions to a more positive direction when possible. This is called the Law of Attraction, and it is very powerful.

Let’s get metaphysical in training our dogs. Rather than using harsh training methods or communicating with frustration and anger, change that up. Ignore unwanted behaviors and direct your dog’s attention toward something more positive.

Changing a thought by conscious mind training will change the energy around





Dogs live in the now. They are teachers of letting go, forgiveness and moving on.

the reaction and the outcome. Staying positive is critical in all areas of our lives, especially with respect to sending messages to our beloved companions. Like us, our dogs long for love, acknowledgement and validation.

Trust and Surrender

Trust and surrender are two sides of the same coin. It doesn't matter which comes first, but they go hand in hand. We can surrender to the oneness of the universe and let go our attachment to the outcome, no matter how emotionally connected we feel. The answers will come in many forms. Trusting that the "right" answer will come is critical to the process of letting-go, and you'll learn the solution will flow on its own in due time.

This is a process that allows ease and flow to work in our life, making it more fun. We have greater clarity and peace about our daily existence. Life is not supposed to be as hard as we make it out to be, and it becomes more blissful by shifting our conscious choices and decisions, then accepting the outcome.

Trust and surrender applies to our interrelationships with our dogs, too. Have you ever been stumped by a training issue, or some behavior from your dog that you just cannot figure out? Take a step back and let go a bit from the intensity around the problem, surrendering to the process. You will likely get some clarity around what is blocking its resolution and then you can choose a different tactic to help make it work.

Believe in Magic

We're talking about the mystical, magical wonders of the universe, not spell casting or dark energy. Magic occurs all around us in many ways, every day. I'm a fan of asking for signs in the natural world for guidance and support. One time when I asked for that universal validation, a pinecone fell noisily out of a tree, made a beeline for my foot and stopped at my toe. I frequently note feathers in strange spots, hanging from a low branch of a tree or sitting on a rock. The spiritual signs are there and all we have to do is pay attention!

When we are paying attention to the wonders of the natural world, we allow ourselves to take in the magic around us. Your own dog is a miracle too, and is

a unique creation like none other. Taking these mini miracles and transferring them to the metaphysical realm helps us understand the magic of life and all creation, of which we are part.

Accessing the magic is as simple as gazing at the galaxies, sitting on your favorite rock and feeling its vibration, or looking into your dog's eyes and embracing the amazing connection you feel about each other. Your dog's smile is enough to make you feel good, and that alone can improve your day.

Telepathy

You know when the phone rings that it's Aunt Susan. You've been thinking about her all week, wondering how she is faring in her new home. You've been meaning to call her and ask, but just did not pick up the phone to do so. Even though you have not made the call physically, you've been sending her unspoken messages that you want to chat. This is metaphysical interconnectedness, called telepathy. She read your mind and understood your telepathic text, so to speak.

It goes even further than this. A prayer circle is another example of this universal interconnectedness. Praying for the sick,

wounded, and even victims of natural disasters is a real and tangible form of sending energetic healing messages to those in need. We have all heard of spontaneous healings that occur, often called miracles, but are they really? Perhaps (and I believe so) they are the result of a huge amount of energy that is sent to the individual in need, who then absorbs that energy and is healed. This is another form of positive thoughts that are projected into the universal consciousness, joining all of us into one giant pool of consciousness.

We all know dogs who are healers. There are dogs who are trained to detect seizures, and dogs who have found cancer in their humans long before a diagnosis is made. A dog's presence alone can be soothing and healing to the sick. And many dogs just simply know how to send healing energy to us. It comes naturally to them, and they give it unconditionally. They are telepathic, sensing when we are not right, and showing us they know how to make it better.

The Power of Now

Staying in the moment, or the now, is another important part of the metaphysical approach to life. When we focus on what is happening in this exact moment, we are present in our energy field, and we do not

allow ourselves to become ungrounded or off our center.

We cannot do much about the future; but we can control our emotions in the moment, and ground ourselves throughout the day. This is much healthier than draining energy and weakening our energy field, which lead to fatigue, frustration and general dis-ease.

Our dogs live in the now. They are teachers of letting go, forgiveness and moving on. When they have a disagreement, they vent and then forget about it. They do not hang on to emotions such as envy, resentment, anger or disappointment. They are supreme mentors for us; they understand that holding on to old stuff that might have happened even five minutes ago no longer serves them. So take your cues from your pups, and watch them live joyfully in the moment.

Gratitude

Even when life throws us a curve ball, there is always room for gratitude. Gratitude comes in big and small packages. Whether we are blessed with abundance, or work harder for life's many gifts, we can approach our individual situations with enthusiasm and verve in spite of what

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challenges may arise. Keeping a positive attitude in the face of difficulties will help keep the balance energetically and also aids us personally to maintain our mental and physical health. The universe loves gratitude, and we feel its power when we appreciate life's blessings.

Gratitude comes naturally to our dogs; they love each treat and pet they receive, and let us know with those wagging tails and eager faces. They truly do not take anything for granted, and many do not expect the toys, food and special attention we give them. We are responsible for creating some of their demanding behaviors; most of them accept what comes their way with sincere thanks and appreciation.

Let's Get Metaphysical

Carving out time to access the calm, quiet spirit world within carries many benefits. Spending time with nature can be very nourishing for the soul. Take your dog outdoors and watch the birds in the trees,

or listen to the wind in the field: this can help you connect to the spirit world and it will nourish your soul. Listening to music together can also put both of you into stillness. It is important to allow dogs to find moments to refresh their energy while you do the same.

Curiosity and belief are key to exploring metaphysical concepts. We can learn to manifest our desires, work with our dogs to change unwanted patterns and behaviors, and create more flow and joy in our lives. The first step is becoming aware of what we'd like to change, then moving forward to mastering some of the principles outlined here. Life can become more fulfilling and less stressful by adjusting our focus to the positive, shifting our energy and plugging into the magic that surrounds us.

Tapping into the metaphysical world is easy and fun. And it can affect the quality of our lives in immeasurable ways. 🐾



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